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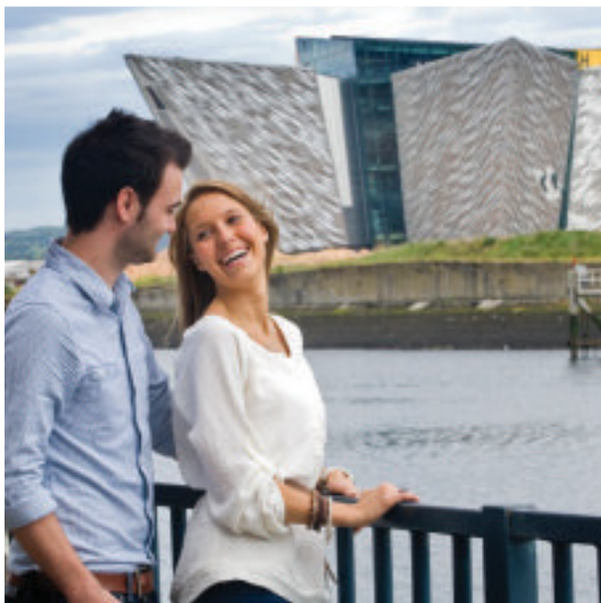

BRIGHT LIGHTS, BELFAST CITY

Searching for a dynamic city experience? Look no further than Belfast. Northern Ireland's capital city by the sea will charm you with its vibrant history (dating back to the Bronze Age!), its cutting-edge arts and culture, and its thriving culinary scene, not to mention its amazing activities and attractions to suit everyone's sense of adventure.

This charming metropolis is easily explored on foot. Stroll along storied cobblestone streets to admire impeccably restored Edwardian buildings or the baroque elegance of City Hall. Discover the creative-minded Cathedral Quarter, packed with cultural gems – like the MAC (Metropolitan Arts Centre), home to inspiring exhibitions and theatrical performances – plus eclectic eateries and spirited pubs that attract locals and visitors alike.

Speaking of food, better pack a healthy appetite. From elegant Michelin-starred restaurants to the sprawling St. George's Market, Belfast is full of flavors worth savoring. Set up the day with an Ulster fry – a traditional breakfast in Northern Ireland – before tasting your way through the city, which will no doubt leave you hungry for more.

History buffs are in for a treat. Take in the city's iconic political murals while on a Black Cab Tour. Delight in the Victorian grandeur of the Botanic Gardens, and soak up the tale of Titanic – in the city where it was born – at the unforgettable Titanic Belfast. Just be sure you make time to conquer the medieval Carrickfergus Castle and the high-and-mighty Belfast Castle Estate overlooking the city. With sweeping views of the entire city, you'll be glad you did.

Go to **Ireland.com/Belfast** to start planning your trip.

The Ultimate GAME OF THRONES® Experience

The seventh season of *Game of Thrones*® has drawn to a thrilling close, but some of the show's most iconic locations can still be found in Northern Ireland. Speaking of cliffhangers, visit Downhill Beach where House Targaryen's ancestral home, Dragonstone, overlooks the sea. Member of House Stark? Drive to Castle Ward in County Down, where you'll find the 16th-century ruin that stands in for Winterfell. Antrim's Cushendun Caves is where Melisandre birthed the shadow assassin, and Shillanavogy Valley is where Daenerys became Khaleesi of the Dothraki.

Fans should not miss the Doors of Thrones. Ten pub doors carved from the wood of the Dark Hedges – which fans will recognize as the King's Road – are positioned at key filming locations in Northern Ireland through June 2018 (and possibly later). Along the way, stop at the Ulster Museum in Belfast, where a 260-foot *Game of Thrones*® tapestry, detailing the events of the entire series to date, is on display until March 2018, with the potential to be extended even further.

Visit **Ireland.com/GameOfThrones** to learn more and to plan your visit to Westeros in Northern Ireland.

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CRAFT LOVER

Actress and comedian Amy Sedaris talks about her new series. 21

Expert-approved ways to pay for college. 16

Big nights from KP coming in Knicks' losses. 27

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TOUCH & GO

The MTA has plans to introduce a new fare system that will help you get through turnstiles quicker while saving the agency money. 4

LUIS MATOS, BILLY BECERRA PHOTO ILLUSTRATION

WELCOME TO METRO.US

NIKKI M. MASCALI, REPORTER

Those yellow and blue MetroCards we all know and love/loathe are soon going to go the way of the subway token as the MTA is slated to vote on a system to replace them. The pay-as-you-go process of tapping your phone or credit or debit card at the turnstile "is the next step in bringing us into the 21st century, which we need to do," Chairman Joe Lhota said Monday. **metro.us**

NORTH KOREA THREAT IS 'CRITICAL, IMMINENT'

1 The threat from North Korea has grown to a "critical and imminent level" and the United States, Japan and South Korea must address the matter, Japanese Defense Minister Itsunori Onodera told his U.S. and South Korean counterparts in talks. Onodera's remarks underscored the deep concern in Tokyo after North Korean weapons tests, including test firing missiles over Japan, as Pyongyang seeks to develop a nuclear-tipped missile capable of reaching the United States. His comments broke from more measured language on Monday by U.S. Defense Secretary Jim Mattis and South Korean Defense Minister Song Young-Moo, as the three men met on the sidelines of a gathering of Asian defense chiefs in the Philippines. "[The] threat posed by North Korea has grown to the unprecedented, critical and imminent level.

TRUMP CALL 'MADE ME CRY EVEN WORSE'

2 The widow of a U.S. Army sergeant killed in Niger this month said on Monday that President Donald Trump "made me cry even worse" in a condolence telephone call when he said that her husband "knew what he signed up for." In an interview with ABC's "Good Morning America," Myeshia Johnson, widow of Sgt. La David T. Johnson, also said she has been told little about how her husband was killed and has not been allowed to see his body. Johnson's comments, her first to the media about the condolence call from Trump, were likely to fuel a controversy that has swirled for days around the president's handling of the call to the widow. La David Johnson was one of four U.S. Army soldiers killed on Oct. 4 in an attack in the West African nation.

TRUMP RAT

3 A pop-up inflatable "Trump Rat" is erected facing the Frank Rizzo statue, in Center City Philadelphia on Monday. In recent time, controversy grew about the statue of the former mayor and police commissioner. The statue has been target of protest in the past. Monday was also Rizzo's birthday.

GETTY IMAGES

AMAZON RECEIVES 238 PROPOSALS

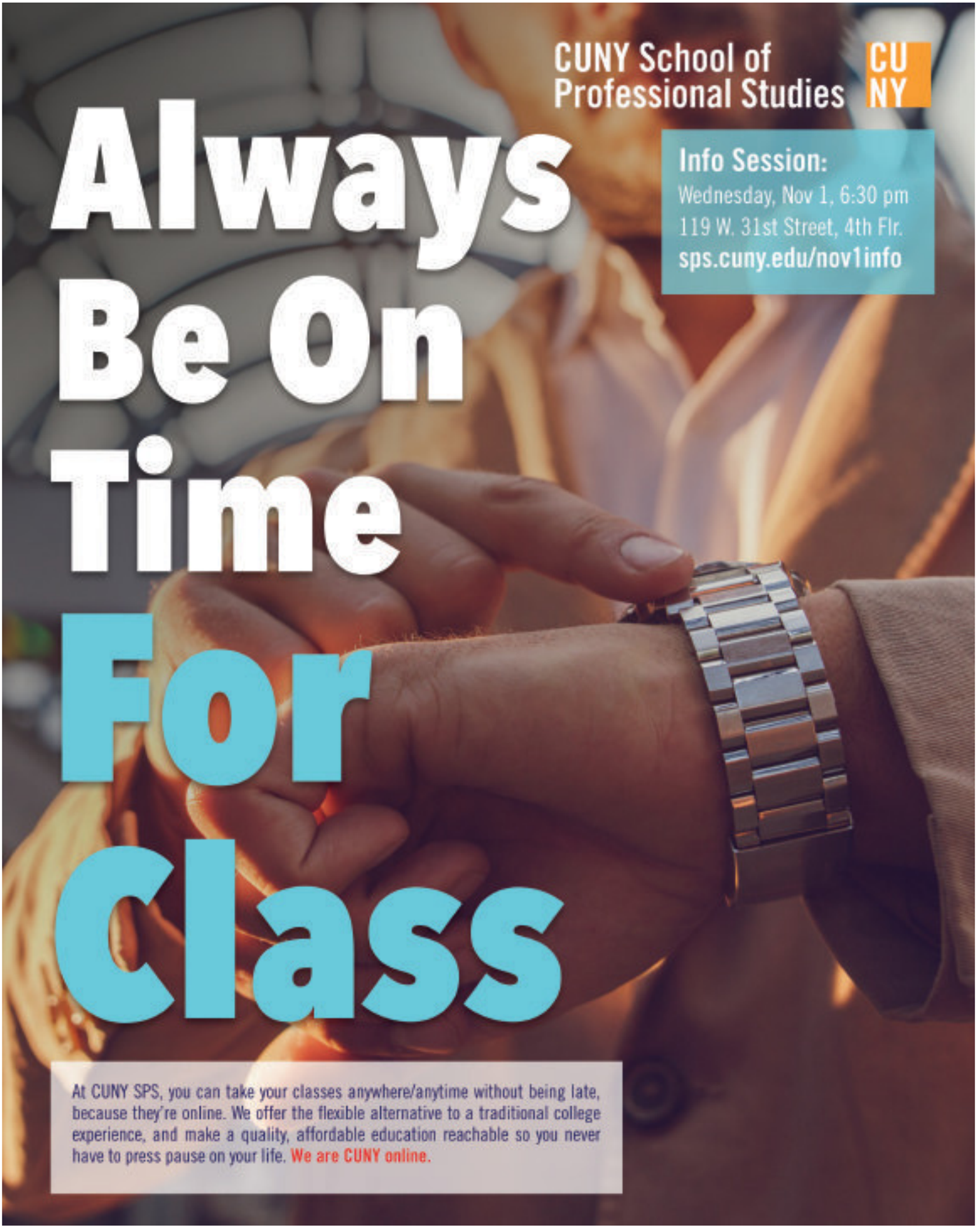
4 Amazon has received 238 proposals from cities and regions across North America vying to host the company's second headquarters. The number of applicants underscores the interest in the contest, which Seattle-based Amazon announced last month. The world's largest online retailer said it would invest more than $5 billion and create up to 50,000 jobs for "Amazon HQ2." The deadline for submitting proposals was Thursday. Amazon said 54 states, provinces, districts and territories in the United States, Canada and Mexico were represented in the bids. Some said this month they could offer Amazon billions of dollars in tax breaks if they were chosen. New Jersey proposed $7 billion in potential credits against state and city taxes if Amazon locates in Newark and sticks to hiring commitments, for instance.

GOOGLE'S LATEST PHONE OFF TO A ROCKY START

5 The launch of Alphabet Inc.'s second-generation Google Pixel smartphones has been hampered by display problems and pricing and shipping issues, prompting the company to open an investigation and issue multiple apologies to customers. The Pixel 2 and Pixel 2 XL, which start at $649 and debuted in stores on Thursday, are the lynchpin of Google's efforts to take on Apple Inc.'s iPhone directly. Early Pixel 2 users have voiced frustration with mishaps, including a potentially serious problem with the screen. Google said on Sunday it is investigating whether graphics are burning into the display of the Pixel 2, following a report on the AndroidCentral blog detailing the issue after a week of use. Burn-in, which usually becomes a problem only after several years of activity, can make it difficult to see information on the display.

MetroWeen's Trumpkin contest

Send us photos of your carved "Trumpkin" pumpkin for a chance to win a $100 Amazon gift card. The winning Trumpkin will be featured in our special "MetroWeen" Halloween edition on Oct. 26, and on our social media accounts. Email pictures to **Morgan@metro.us.**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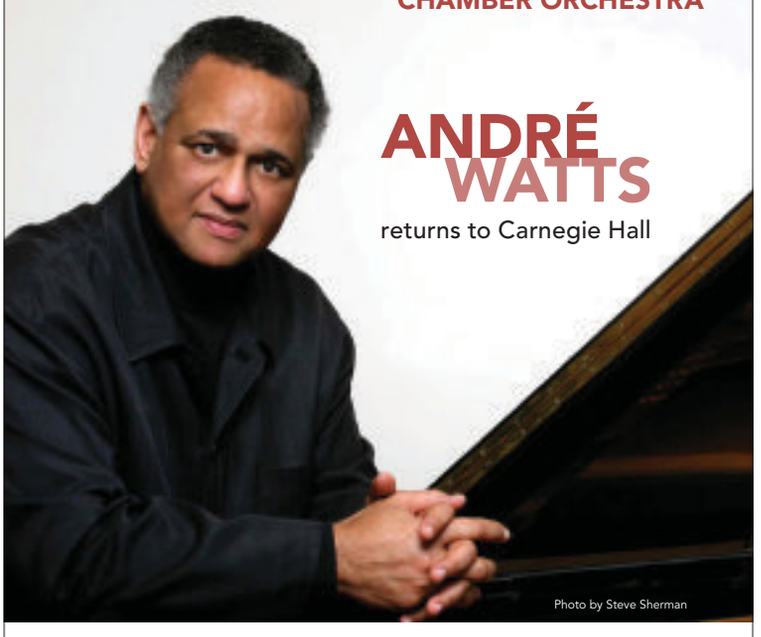

ANDRÉ WATTS

returns to Carnegie Hall

Photo by Steve Sherman

Hand-picked by Leonard Bernstein at age 16, Watts' 1976 NYC performance was the first full-length piano recital broadcast in the history of television.

At age 26 he was the youngest person ever to receive an Honorary Doctorate from Yale University.

The Emmy Award Nominee, 1988 Avery Fischer Prize winner was inducted into the Hollywood Bowl Hall of Fame in 2006 and received the National Medal of Arts in 2011.

After over a decade Watts returns to Orpheus for a concert dedicated to musicians who made the transition from keyboard virtuoso to master composer.

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New York City's transit system may be aged and often troubled, but part of it is about to undergo a technological overhaul to replace the MetroCard with your phone or credit card. ISTOCK

NYC MetroCard replacement to bring MTA 'into the 21st century'

"It's going to be transformative," MTA Chairman Joe Lhota said of the upcoming digital overhaul.

NIKKI M. MASCALI
@NikkiMMascali
nikki.mascali@metro.us

New York City's transit system may be aged and often troubled, but part of it is about to undergo a technological overhaul to replace the MetroCard with your phone or credit card.

"It's the next step in bringing us into the 21st century, which we need to do," MTA Chairman Joe Lhota told The New York Times. "It's going to be transformative."

Instead of the MetroCard, which replaced tokens on subways and buses in 2003, straphangers will begin seeing new electronic readers at turnstiles as soon as next year.

"A new fare system will be more convenient for riders and will ultimately save money for the MTA, which is money that can be used to improve transit service," John Raskin, executive director of Riders Alliance, told Metro.

Raskin added that the post-MetroCard system will help with efficiency and inclusiveness "by moving to all-door boarding on buses or rolling out Fair Fares for low-income transit riders."

But for those who fear change or really love MetroCards, they will still be able to use a MetroCard or tap a smartphone or credit or debit card at the new turnstiles until the complete phase-out.

The new pay-as-you-go system will work for subways, buses and the Long Island Rail Road and Metro-North via Apple Pay, Android Pay or Samsung Pay and credit or debit cards with wireless chip technology.

To switch to the new payment system, the MTA used Cubic Transportation Systems, the company that created MetroCards and designed the payment system for the London Underground, often considered the benchmark for transit innovation.

A test-run of the new system went live last month at the Bowling Green and Wall Street stations in Manhattan and pilots are planned for hubs like Penn Station, Grand Central and Atlantic Avenue-Barclays Center by the end of the year.

The MTA board will vote on the $573 million contract on Wednesday.

$573M

THE MTA BOARD IS SET TO VOTE ON THE $573 MILLION CONTRACT WEDNESDAY.

MTA FAST FACTS

- The first rollout will include 500 subway turnstiles and 600 buses.
- The full installation will be complete by the end of 2020, the Times reported.
- The full MetroCard replacement won't happen until 2023 — just in time for their 30th anniversary.

"A new fare system will be more convenient for riders and will ultimately save money for the MTA, which is money that can be used to improve transit service."

John Raskin

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Lung Cancer: Current Status and Future Directions
Date: Thursday, November 2 Time: 12:00–1:30 pm
Location: 760 Broadway, 10th Floor Solarium, Brooklyn, NY
To RSVP for this lecture, please call 718-963-5771.

Annual Lung Cancer Awareness Program: Updates on Research and Clinical Care
Date: Thursday, November 9 Time: 11:00 am–1:00 pm
Location: 550 First Avenue, Farkas Auditorium

Returning to Work: Cancer and Vocational Rehabilitation
Date: Tuesday, November 14 Time: 6:00–7:00 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Healthy Eating During the Holidays and Beyond
Date: Thursday, November 16 Time: 6:00–7:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Pancreatic Cancer: Advances in Research and Clinical Care
Date: Wednesday, November 29 Time: 5:00–7:00 pm
Location: 550 First Avenue, Farkas Auditorium

To attend Perlmutter Cancer Center lectures, please visit nyulangone.org/cancerrsvp, email cancerevents@nyumc.org, or call 212-263-2266.

SPORTS PERFORMANCE

Skiing and Snowboarding: Improve Performance and Prevent Injury
Date: Tuesday, November 14 Time: 6:30–7:30 pm
Location: 333 East 38th Street, 6th Floor Conference Room
To attend Sports Performance Center lectures, please email richard.kassler@nyumc.org.

ORTHOPEDIC HEALTH

Bone Density Screening and Lecture
Date: Tuesday, November 14 Time: 2:30–5:00 pm
Location: 301 East 17th Street, Loeb Auditorium
To attend Orthopedic Health lectures, please email brigitte.jones@nyumc.org or call 212-598-6052.

RUSK REHABILITATION

A Functional Approach to Pain Management
Date: Wednesday, November 15 Time: 5:30–6:30 pm
Location: 240 East 38th Street, 11th Floor Conference Room
To attend Rusk Rehabilitation lectures, please email ruskrsvp@nyumc.org or call 212-263-6952.

HEART HEALTH

Osteoporosis: The Link Between Bone and Heart Health
Date: Tuesday, November 28 Time: 6:15–7:15 pm
Location: 550 First Avenue, Alumni Hall B
To attend Heart Health lectures, please email cvdprevention@nyumc.org or call 646-501-2190.

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NY VS. WEINSTEIN

New York opens sexual harassment probe of Weinstein Co.: Source

The New York attorney general has opened an investigation into sexual harassment and possible violations of civil rights laws at the Weinstein Company, the movie studio co-founded by Harvey Weinstein, and sent the company a subpoena on Monday, a source familiar with the investigation said.

The subpoena, which has not been made public, requests information regarding how each complaint related to sexual harassment or other discrimination was handled by the Weinstein company, the person familiar with the probe said.

It also asks for management's criteria for hiring, promoting, casting, rejecting or terminating applicants or employees, the person said. The source added that the New York subpoena is part of an investigation into whether executives at the company violated state civil rights or New York City human rights laws.

Harvey Weinstein was fired from the company earlier this month in the wake of media reports that he sexually harassed or assaulted women in incidents dating back to the 1980s.

Weinstein has denied having non-consensual sex with anyone. Reuters has been unable to independently confirm any of the allegations.

In response to a request for comment on the investigation, the attorney general's office emailed a statement from New York Attorney General Eric Schneiderman that said, "No New Yorker should be forced to walk into a workplace ruled by sexual intimidation, harassment, or fear.

"If sexual harassment or discrimination is pervasive at a company, we want to know."

The New York City Police Department has said it is investigating an allegation of sexual assault by Weinstein in 2004.

REUTERS

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Prospect Park will become permanently vehicle-free

Mayor Bill de Blasio announced Monday that all cars will be barred from driving through Prospect Park.

KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

For walkers, joggers and cyclists, Prospect Park will soon be a completely car-free refuge.

Mayor Bill de Blasio announced on Monday that the park will permanently become car-free, beginning Jan. 2, 2018. Currently, Prospect Park's East Drive is still open to cars during morning rush hour.

Prospect Park previously went car-free this past summer. From July to September, cars were not allowed to cut through via the park's East Drive as part of a pilot program, forcing those who use the road during morning rush hour to find another route. The park's West Drive has been permanently closed to cars since 2015.

The car-free summer saw "enormous" support from those who use the park recreationally, according to DOT, especially since walkers, joggers and cyclists outnumber cars more than 3 to 1 in the mornings.

After Labor Day weekend, more than 1,100 people signed petitions sent to New York City calling for the return of full-time car-free hours for the entire park, according to the mayor's office.

"Prospect Park is Brooklyn's backyard. I married Chirlane here. This is where my kids played little league. And I have always wanted it to be the safe, quiet refuge for Brooklyn's families that it was intended to be," de Blasio said in a statement. "Restoring Prospect Park as a car-free oasis will improve the lives of the millions who use this park today and of generations to come."

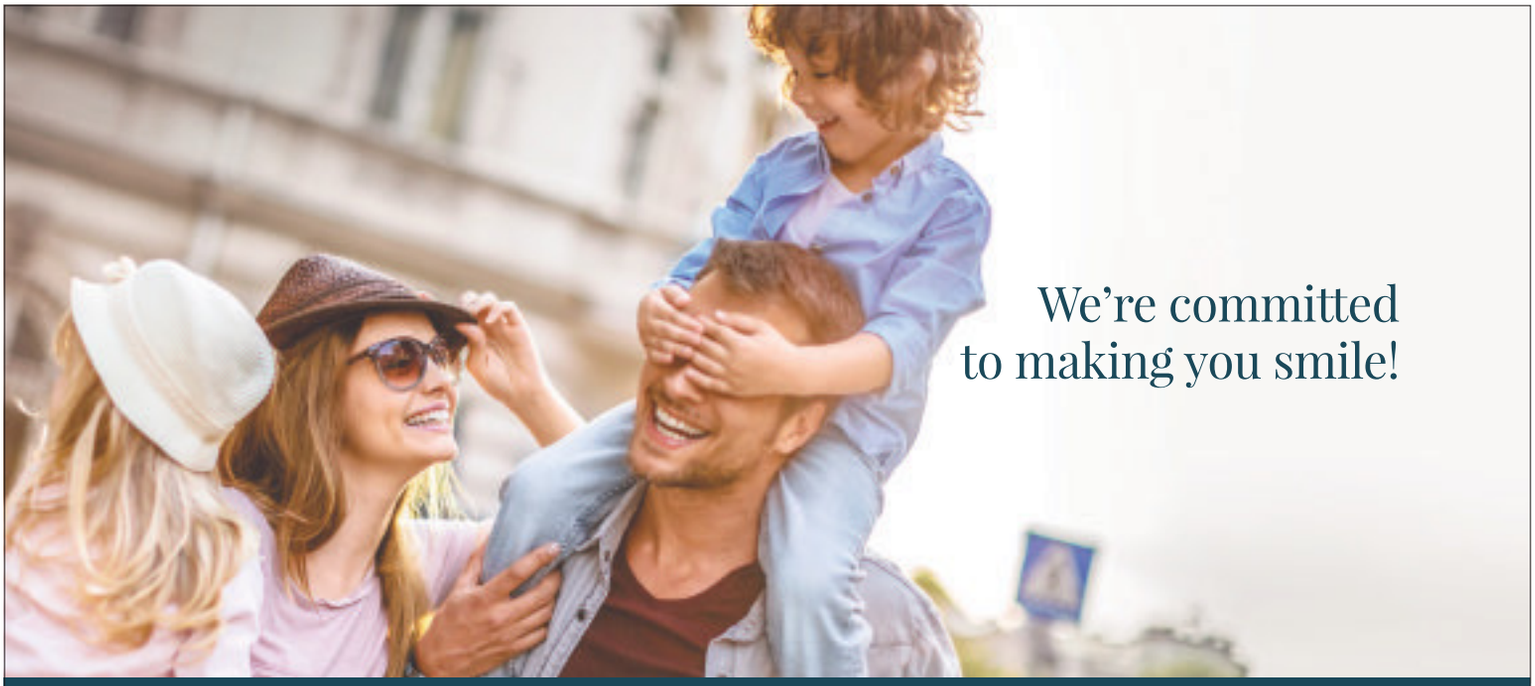
The full analysis of the car-free summer pilot program is still being finalized, but according to preliminary results, no other driving route saw more than a minimal delay due to the closing of East Drive. Most routes saw no change in travel times at all, according to the city.

"Based on that data, officials are now confident a fully car-free park can be implemented without adverse impact," the city said. "These results are consistent with those seen after the closure of the West Drive in June 2015, when the most affected alternative southbound route saw an increased travel time of less than a minute, while other afternoon drivers actually saw travel times improve."

Before the permanent car-free hours are implemented, the city will again remind drivers and residents of the change. After they begin, DOT will closely monitor traffic around the park for changes and may adjust traffic-signal timing as needed.

Prospect Park's East Drive will go car-free forever beginning in January.

FACEBOOK/PROSPECTPARK



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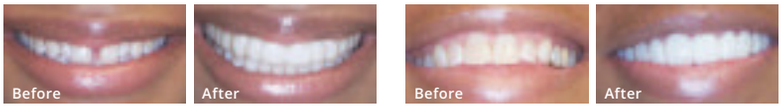

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The LIRR's work train uses a dryer that sprays hot air to dry the traction gel it places on the tracks. MTA/PATRICK CASHIN

As we leaf-peep, the MTA fights leaves

While we're oohing and ahhing over New York's leaves changing, the MTA's leaf-fighting season is just starting.

NIKKI M. MASCALI
@NikkiMMascali
nikki.mascali@metro.us

Autumn in New York is one of the most majestic times of year – until those beautiful leaves you're peeping fall on train tracks. So while we're all oohing and ahhing over the changing trees, the MTA's leaf-fighting season is in full swing, just in time for the wet weather on the horizon for Tuesday.

Crews from the Long Island Rail Road, Metro-North and Staten Island Railway are deploying work trains that will spray water to clear tracks of leaves that could leave behind slime that, once crushed by a passing train, could cause a dangerous, slippery condition known as "slip slide" – and service delays or worse.

"Anyone who has ever driven a car and tried to brake on a patch of ice knows something of what it feels like for a train engineer who applies the brakes to a train on a patch of rails coated in liquefied leaf residue," MTA Chairman Joe Lhota said.

On Metro-North, a work train will use a high-pressure spray of water and specially equipped rail trucks to scrub crushed leaves from the tracks. The railroad also uses "sanders" on its diesel passenger trains to drop sand to improve traction and reduce slippage on the tracks.

The LIRR deploys a special train to spread a traction gel called sandite, which is similar in texture to pancake batter, onto cleared tracks to combat leaf slime.

Fighting "slip slide" isn't just a fall thing, though. "Throughout the year we work to combat vegetation along the rails," Lhota added.

To that end, the LIRR, Metro-North and Staten Island Railway trims and removes trees and flora along the tracks.

Invasive trees like ailanthus, black locust, Norway maple and bamboo make up about two-thirds of the leaves that affect the LIRR, the MTA said.

Next year, contractors will clear vegetation along 80 miles of LIRR track, with an additional 94 miles planned for 2019.

In addition to the MTA's leaf-cleaning work that is now underway, the braking systems on the agency's new rail cars, the M7s and M8s, have been programmed to better adjust to slippery conditions.

80 MILES

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Work trains will remove leaves that have fallen onto the tracks. ISTOCK

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Trump says popular 401(k) savings program unscathed in new tax plan

Tampering with 401(k) plans would risk alienating millions of U.S. workers.

President Donald Trump on Monday dismissed the possibility of curbing a popular tax-deferred U.S. retirement savings program to help pay for sweeping tax cuts, and expressed doubts about adding another top bracket targeting the wealthiest Americans.

The potential scaling back of the 401(k) plans, which for four decades have helped Americans save for retirement, is one of several important details yet to be worked out in a major tax overhaul that Trump promised as a candidate and wants his fellow Republicans who control Congress to pass by year's end.

The White House and its allies in Congress have floated the idea of paring back a number of tax deductions to generate revenue lost as a result of their proposed tax cuts, the centerpiece of which is a sharp reduction in the corporate income tax rate.

The Wall Street Journal and the New York Times reported on Friday that Republicans were considering an annual cap of about $2,400 on pre-tax contributions to 401(k) plans, roughly 13 percent of what workers under age 50 currently can contribute on a tax-deferred basis.

"There will be NO change to your 401(k)," Trump said in a Twitter post. "This has always been a great and popular middle class tax break that works, and it stays!"

Tampering with 401(k) plans, which have largely replaced defined benefit pensions in the United States, would risk alienating millions of U.S. workers as well as Wall Street, which generates fees from managing the plans.

It also would provide ammunition to Democrats, who have painted Trump's plan, with its $6 trillion in tax cuts, as a gift to the rich and corporate America that would balloon the federal deficit.

Because many companies match a percentage of their employees' 401(k) contributions, lowering the annual cap could result in a further reduction in the amount saved for retirement in these plans.

Securing congressional passage of his tax overhaul is of critical importance to Trump, who has yet to get any major legislation through Congress since taking office in January including a major healthcare overhaul he also promised as a candidate last year.

The White House argues that tax cuts are needed to boost economic growth and create jobs, but has shown increasing sensitivity in recent weeks to arguments that it is endangering America's long-term fiscal health.

Based on the outline of the plan that was unveiled last month, independent experts have concluded that corporations and the highest earners would benefit the most, and many upper middle-income people would face higher taxes.

There are signs Republicans may add a fourth income tax bracket affecting high earners to the tax blueprint, which envisions collapsing the number of brackets to three from the current seven.

The idea of an additional top tax bracket was floated by Republican House of Representatives Speaker Paul Ryan.

In an interview broadcast on Fox Business Network on Monday, Trump appeared to pour cold water on the idea.

"It may not happen," Trump said. "The only reason I would have [it] … is if for any reason I feel the middle class is not being properly taken care of."

There is also pressure from investors to pass the tax overhaul. The expectation of deep tax cuts has helped propel U.S. stock markets to record highs during Trump's first year in the White House. REUTERS

President Trump speaks in the East Room of the White House. GETTY IMAGES

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John McCain hits president with thinly veiled insult about 'draft-dodger' Trump

President Trump received five draft deferments during the Vietnam War.

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Sen. John McCain took some thinly veiled shots at President Donald Trump when he said it was "wrong" that wealthy Americans were able to dodge the draft during the Vietnam War.

"One aspect of the conflict, by the way, that I will never ever countenance is that we drafted the lowest income level of America and the highest income level found a doctor that would say that they had a bone spur," McCain said in an interview where he discussed the draft that aired on C-SPAN 3 on Sunday. "That is wrong. That is wrong. If we're going to ask every American to serve, every American should serve."

Though he didn't call out Trump by name, it is widely known that the president received five deferments from the draft during the Vietnam War, four for education and one for bone spurs in his heels.

Last year, The New York Times got its hands on Trump's Selective Service records, which revealed the story behind how Trump got out of serving in the deadly Vietnam War. In the interview, Trump said his bone spurs had been "temporary" and "minor" and that over time, they "healed up."

"They were spurs," he told the Times, noting that they were "enough of a problem."

"You know, it was difficult from the long-term walking standpoint," he said.

McCain served in Vietnam and was a prisoner of war for more than five years after his aircraft was shot down.

McCain was tortured and held in solitary confinement, but while Trump was on the campaign trail last year, he said McCain was "not a war hero."

"I like people that weren't captured," Trump said.

McCain, 81, has served as Senator for Arizona since 1987 as a Republican. He was diagnosed with a brain tumor in July and has since ramped up his criticism against Trump, the White House and other members of the Republican Party.

Sen. John McCain called out draft dodgers in an interview that aired on C-SPAN. WIKIMEDIA COMMONS

IPHONE X

Iphone X demand will be substantial, but not exceptional: New survey

Days before Apple Inc's much-awaited iPhone X opens for preorders, a survey by brokerage Bernstein showed that demand for the device will be substantial, but not exceptional, with about a quarter of the respondents planning to buy the phone.

Heightened anticipation around the 10th anniversary iPhone, which opens for preorders on Oct. 27 and begins shipping from Nov. 3, has already dented demand for the just-launched iPhone 8 and 8 Plus.

Apple shares fell last week after reports of iPhone X production delays and weak sales of iPhone 8 models.

"The excitement surrounding the iPhone X appears to be magnitudes higher than actual purchase intent – 48 percent of respondents agreed/strongly agreed that they were 'excited for the iPhone X,'" Bernstein said, citing a survey of 1,112 iPhone owners in the United States, UK and China.

Apple launched iPhone 8 and 8 Plus last month amid muted reception as fans awaited the iPhone X, and a survey by broker KeyBanc Capital Markets had pointed out that older iPhone 7 models outsold iPhone 8.

While it was doubtful how many iPhone users will upgrade to the $999 iPhone X, an overwhelming majority will still choose an Apple device, according to the survey.

"Consumer loyalty to iPhone remains remarkably strong, despite persistent complaints about high prices and worries about declining innovation, with only 3 percent of respondents stating that their next phone would not be an iPhone," Bernstein said.

Apple shares were up 0.5 percent at $157 Monday afternoon.

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"Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment… prepares for over

By Matt Edgar
America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the ***NY Pain MD*** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they,too, can be helped. And newer research indicates it can help hips,ankles and shoulders as well".

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is*:* Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good…or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible
when using ***NY Pain MD*** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T).
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But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your" normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint–much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it's lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

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And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Visco-supplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider**: Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months."And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And...When Should You Start?

You should certainly consider The ***NY Pain MD*** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why …

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight"pinching" sensation… that's it.

Why Treatments At *NYC Pain MD* Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the

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joint space up to 30% of the time rendering the treatment outcomes less effective.

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But There Is A Problem…

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That's why ***NY Pain MD*** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-503-3720 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a " ***NY Pain MD*** **Knee Pain And Arthritis Screening.**" They will know exactly what you are talking about and schedule you for our first time available. Dur-ing this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the ***NY Pain MD*** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hun-dreds calling weekly . Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost,

No Obligation screenings is limited to just 20. But… just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized… ready to take on the brand new day … without the arthritis pain that's been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just "imagine" any more… because our specialized medical regimen could be the answer you've been looking for. If you'd like to find out - at no cost to you - if we can help, simply give ***NY Pain MD*** a call at 877-503-3720 right now. Why wait one more day in pain when you may not have to? Call now before some one else get's your spot.

One More Thing & This Is Important…

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail… just keep calling back. The possibil-ity of living pain-free is well worth the effort it may take to get through to ***NY Pain MD*** schedule your No-Cost, No-Obligation screening.

And don't forget: The special treatments are covered by many insurances and even Part B medicare for qualified candidates. To schedule your No-Obligation screening and consultation, call to speak to one our scheduling coordinators.

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Lying on a Tinder profile? You could go to jail for that

The ACLU filed a lawsuit challenging an act that makes lying on your profile a federal crime.

KIMBERLY M. AQUILINA
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kimberly.aquilina@metro.us

The ACLU has filed a lawsuit challenging the Computer Fraud and Abuse Act.
GOOGLE COMMONS

If you've lied on your Tinder profile, you could be guilty of more than disappointing many a first date. The Computer Fraud and Abuse Act makes it a federal crime to access a computer in a way that "exceeds authorized access," but the ACLU is challenging the constitutionality of the act.

The author of Vanity Fair's article "Tinder and the Dawn of the 'Dating Apocalypse'" tweeted data by market-research firm GlobalWebIndex indicating 30 percent of Tinder users at the time are married. The data were based on 34 percent of global swipers (1,282 adults who said they had used Tinder in the last month).

"[The Computer Fraud and Abuse Act] … prohibits and chills academics, researchers and journalists from testing for discrimination on the internet," the ACLU said. "The plaintiffs are academic researchers, computer scientists, and journalists who wish to investigate companies' online practices through standard academic and journalistic techniques, but are limited by the terms of service of target websites."

So, why is the ACLU fighting the Computer Fraud and Abuse Act?

Because that act makes the auditing necessary to identify discrimination illegal – be it racial, employment or housing discrimination. "In the offline world, audit testing has long been recognized as a crucial way to uncover racial discrimination in housing and employment, and to vindicate civil rights laws such as the Fair Housing Act and Title VII's prohibition on discrimination in employment," the ACLU stated.

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Woman's heart literally breaks after her dog's death

"It broke my heart."

It's a common thing we say, but do our hearts actually break into pieces like they do on cartoons?

Technically no, but you can experience broken heart syndrome — a condition known medically as takotsubo cardiomyopathy. A new report published in The New England Journal of Medicine details the case of Joanie Simpson, a 61-year-old Texas woman who developed the condition after the death of her Yorkshire Terrier, Meha.

Simpson's symptoms started soon after her dog's death and got so severe that she was airlifted to Memorial Hermann Heart & Vascular Institute in Houston where they diagnosed her with takotsubo cardiomyopathy.

Takotsubo cardiomyopathy typically occurs after a person — even a healthy one — experiences emotional or physical stress. "The heart muscle suddenly weakens and doesn't squeeze the way it should" leading to broken heart syndrome symptoms like low blood pressure and even congestive heart failure, Dr. Ilan Wittstein, a cardiologist at Johns Hopkins and a broken-heart syndrome researcher, told The Washington Post.

The death of a pet triggered a serious medical reaction in one woman. GETTY IMAGES

It's typically associated with sadness, but "a whole variety of emotional triggers can cause it," he said.

As many as 2 percent of people can develop the syndrome, but it typically affects women like Simpson ranging from 58 to 75. The reason isn't exactly known, but it's likely due to a drop in estrogen. In Simpson's case, it seems like Meha's death was the nail in the proverbial coffin after a stressful few months.

The good news is that it's typically not fatal and broken heart syndrome treatment can be simple. Simpson was home within a few days and is taking heart medication as a preventative.

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Don't stress out. There are ways to pay for school. ISTOCK

8 Expert-approved ways to pay for college

Some types of financial aid are better than others.

NerdWallet is a personal finance website.

Asking "How do I pay for college?" is like asking, "How do I get healthy?" or "How do I learn another language?" There are lots of answers, but there's not always one clear path.

If you're like most students and families, you'll cobble together funds from multiple sources. Some types of financial aid are better than others, so use the following advice in this order:

1. Fill out the FAFSA

Fill out the Free Application for Federal Student Aid even if you don't expect to qualify for any aid, says Ben Miller, senior director of post-secondary education at the Center for American Progress. The FAFSA is your ticket into the financial aid arena. Submitting it puts you in the running to receive financial aid including federal grants, work-study opportunities, student loans, and some state and school-based aid.

Fill it out as soon as possible because some colleges award money on a first-come, first-served basis. In addition to the FAFSA, some schools also require you complete the CSS profile to be considered for aid.

2. Search for scholarships

You don't have to wait until you're a senior in high school to start your scholarship search. In fact, it could pay to start earlier. For example, the Evans Scholars Foundation awards full-ride scholarships to hundreds of golf caddies each year. But you have to be a caddie for at least two years to qualify, which means you'd have to start caddying during your sophomore year in high school at the latest to be eligible by the time you apply at the beginning of your senior year.

Scholarships, unlike student loans, don't have to be paid back. Thousands are available; use a scholarship search tool to narrow your selection. While many scholarships require that you submit the FAFSA, most also have an additional application.

3. Choose an affordable school

Just because one school's sticker price is lower doesn't mean it will be more affordable for you, says Phil Trout, a college counselor at Minnetonka High School in Minnetonka, Minnesota, and president of the National Association for College Admission Counseling. For example, if a $28,000-a-year school doesn't offer you any aid, and a $60,000-a-year college offers you $40,000 in aid, the school with the higher sticker price is actually more affordable for you.

4. Use grants if you qualify

High school graduates leave billions of dollars in federal Pell Grant money unclaimed by not filling out the FAFSA. Don't make that mistake. As long as you submit the FAFSA and renew it each year you're enrolled in school, you'll receive Pell money if you're eligible. In addition to the Pell program, the federal government offers several other types of grants, which don't need to be paid back. Many states have grant programs, too. Use this map on the Education Department website to find the agencies in your state that administer college grants. Then look up and apply to state grant programs you may qualify for.

5. Get a work-study job

A college job checks multiple boxes: It provides an income, work experience and potentially valuable connections. The federal work-study program funds part-time jobs for college students with financial need. To apply, submit the FAFSA. If you qualify, you'll see "work-study" listed on your financial aid award.

6. Tap your savings

Realistically, you'll probably have to dip into your income and savings to pay for tuition, room and board, and other college-related expenses. The typical family covers 34% of college costs that way, according to a 2017 report by Sallie Mae.

If you or your parents saved money in a 529 plan — a state-sponsored tax-advantaged college investment account — access the funds by contacting the plan's administrator.

7. Take out federal loans if you have to

You don't have to say yes to all the aid you're offered — especially student loans. A common rule of thumb: For all of college, borrow only as much as you expect to earn in your first year in the workforce. For example, if you expect to make $40,000 in your first year out of school based on entry-level pay for your degree, don't borrow more than that.

If you need to borrow to pay for college, take out federal student loans before private ones. Federal loans have benefits that private loans don't, including access to income-driven repayment plans and forgiveness programs.

8. Borrow private loans as a last resort

If you do need to use private student loans, compare your options before you choose a lender. Shop around to find the lender that offers you the lowest interest rate and the most generous borrower protections, such as flexible repayment plans or the option to put your loans in forbearance if you're struggling to make payments.

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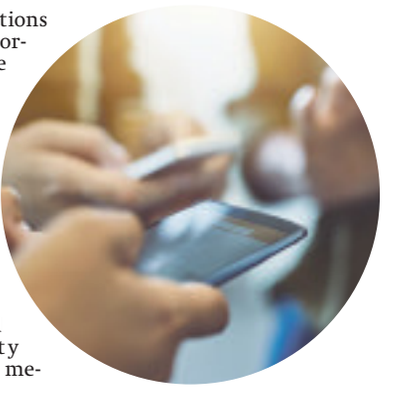
How many hours do you waste at work messing around on social media? It's probably a lot more than you would like to admit, right? Little did you know, most big companies now have positions that will pay you to manage their social media campaigns. The effectiveness of social media is invaluable to businesses to help them to grow their reach. And out of that, there is a need for tech-savvy employees to post and manage content on platforms such as Facebook, Twitter, and Instagram. Because these positions are so important, the field has become highly competitive with enticing salaries to match. The wild popularity of social me-



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Get paid to post those tweets.

dia has transitioned what were once fun platforms created to build connections into what is essentially the lifeblood of online marketing for most businesses. It's hard to believe, but each tweet that a large company makes is labored over and revised over and over again by a team of specialists in order to make every post as effective as possible.

According to a poll conducted by the Bureau of Labor Statistics in 2015, the median wage of 218,910 public relations jobs in social media was over $56K per year. So now instead of simply playing around with these formats out of fun, many of the top schools in the country are preparing their students with social media-based curriculums to help them land these high paying and in-demand positions. One of these schools is Quinnipiac University, which is now offering an online masters program centering around social media management through their School of Communications Graduate program. "Social media has become ubiquitous in our society," says the program's director, Phillip Simon. "If you have a phone, if you have a computer and you interact with the world, you will be doing it through some sort of social media channel or platform."

With classes that cover both the basics of social media and more complex topics and techniques such as SEO and social media analytics, Simon believes that learning the tricks of the trade should be taken seriously by both businesses and the students in his program. "Anyone who wants to reach people in society now has to think about how they're going to use social media to do it, and that gets complicated on the professional side," he says, adding, "it's not like you throw up a Facebook page and hope people come. … You really have to think about what you write, when to write it, what's your schedule, what kind of keywords you use."

Posting the right content can make or break a company based on how it's received online and managing that output can be an involved process for most companies. "There are whole strategies and campaigns that organizations set up just to manage one channel, let alone if you have Twitter, Facebook and so forth," says Simon. "It gets very involved and complex."

But as important as these skills are, Simon feels the need to warn his students before considering posting for a living. "There have been some high-profile situations where people have said things they wished they could have pulled back and not said on the internet," he explains. "We tell our students to be very careful but also understand that it is an incredible professional tool so you have to weigh and balance the virtue of it versus being careful."

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the word

Not buying it, Matt Damon

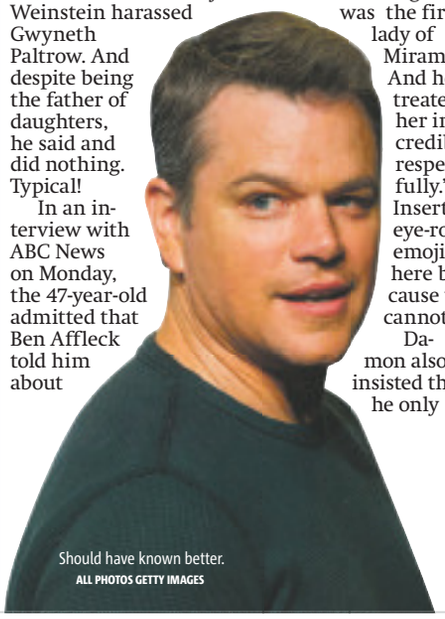
So it turns out that Matt Damon — father of daughters — knew about the time Harvey Weinstein harassed Gwyneth Paltrow. And despite being the father of daughters, he said and did nothing. Typical!

In an interview with ABC News on Monday, the 47-year-old admitted that Ben Affleck told him about the incident. "I knew that they had come to whatever agreement or understanding. She was the first lady of Miramax. And he treated her incredibly respectfully." Insert eye-roll emoji here because we cannot.

Damon also insisted that he only knew of Weinstein, 65, as a generally gross dude, not as someone who allegedly serially sexually harassed and assaulted women from all over — despite knowing about Paltrow second-hand. Mmkay!

"I knew he was an a—hole. … But the criminal sexual predation is not something that I ever thought was going on."

Sorry, not sorry, Damon. We're um — how do you say? — not buying this bulls—t. Bye!



Should have known better.

ALL PHOTOS GETTY IMAGES

John Stamos is off the market

John Stamos — an attractive man most famous for a character he played in "Full House" a full 22 years ago — is engaged. OK! The perpetually hot actor announced his engagement to his multihyphenate girlfriend, actress-model-writer Caitlin McHugh, with a very heartfelt, very cheesy illustration on Facebook and Twitter. "I asked … she said yes! … And we lived happily ever after." Smooth moves, Uncle Jesse.

Smooth moves, Uncle Jesse.

The 54-year-old has been dating McHugh for about a year and a half. But who is she even? Here's what we know, after about five minutes of research.

She's 31. Young Caitlin probably had a crush on Uncle Jesse when she was but a wee lass.

This is her second marriage. She has an ex-husband named Massimo Lusardi.

She's obsessed with Disney. Judging from her Instagram feed, she dresses up like Disney princesses a lot in her spare time. Cool!

She played a witch on "Vampire Diaries." If you haven't seen the series, yes the title is extremely misleading. Nobody even keeps a diary after the first season!

George Clooney is no longer a pranking man

George Clooney is just so famous for his pranks. Also for being an actor. But now, the father of two says he just doesn't have time for pranks anymore. Sad!

At the premiere of "Suburbicon," the 56-year-old opened up on his lack of shenanigans, saying, "When you're directing, you're busy. When you're acting, you've got a lot of time and you can do all kinds of horrible things." What a charmer!

And lest you think that Clooney's no-shenanigans rule was met with a sigh of relief among his cast and crew, well, let them prove you wrong. "I am very bummed," actress Karimah Westbrook admitted. "I'm actually going to talk to him. … I wish he would play a prank on me, but maybe next film, hopefully, if we ever work together again." Oh, honey, no. You're brainwashed, girl!

Thank the heavens.

Kim Cattrall isn't friends with SJP

There's been some drama about Kim Cattrall refusing to do a third "Sex and the City" film — which frankly is totally fine because nobody is asking for a third film, at all.

In a recent interview, the 61-year-old talked to Piers Morgan (ew) to clear the air. Turns out? She was never even buddy-buddy with those broads. "We've never been friends. We've been colleagues and in some way, it's a very healthy place to be." Ooh, almost burn! Got too nice there at the end.

"Now to get any kind of negative press about something that I've been saying for almost a year, that I'm demanding or a diva? And this is really where I take to task the people from 'Sex and the City,' and specifically Sarah Jessica Parker. I think she could have been nicer." SJP burn!

She then suggested that Samantha Jones be played by a woman of color which, OK, yas! It'll never happen, but still!

Sick burn, yo!

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Craft-lover Amy Sedaris has googly eyes to spare

Chatting with the actress and comedian about her new series, "At Home with Amy Sedaris," DIY inspiration and Princess Carolyn.

RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us

Each episode promises very necessary homemaking skills, like making raisin necklaces and entertaining businessmen. JON PACK/TRUTV

Amy Sedaris has a delightfully bizarre new show premiering tonight on TruTV at 10:30 p.m., "At Home with Amy Sedaris." And she's well aware that it's hard to explain. "You can say it's kind of like Martha Stewart, but it's funny and there's no audience," she says over the phone, talking a mile a minute.

It's more than that, though — "At Home with Amy Sedaris" features the 56-year-old as herself (and various other characters) in increasingly weird situations with increasingly weird locals, based around themes like entertaining the grieving and cooking without pots and pans. Doesn't hurt that those locals are played by the likes of A-list actors and comedy veterans alike.

"Writing it, we always had our dream person in mind," she says. "We always dreamt we'd have Paul Giamatti as a businessman, or Michael Shannon as a murderer, or Justin Theroux as an astronaut. I never in a million years thought we'd get those people!"

We chatted more about the series that Sedaris has been dreaming of since she was little, where she found inspiration and why her brother, writer and humorist David Sedaris, is coming to "BoJack Horseman" next season.

Why did you decide to create a series instead of another of your homemaking or entertaining books?

I originally wanted to create the series back in the early 2000s and I decided well, let me do the books first, and see if I can figure out what the show would be, based on the books. I kind of did it backwards. Then when it was time to pitch the show, I actually had two books to push across the table and say, "This is the show."

GETTY

What kind of shows inspired "At Home with Amy Sedaris"?

They're all old shows. "The Galloping Gourmet," "Lidia's [Family] Table." The shows nowadays are fine, but I don't have the gadgets that they have. I don't have the counter space that they have. And it's not going to come out and look as pretty. My show isn't about that, it's pretty simple. It's kind of like, on a Girl Scout level.

What's your favorite thing to craft with? Googly eyes are a personal fave.

I put googly eyes on everything. You can come over to my house and I swear, there's gotta be some googly eyes stuck to the bottom of your foot. (Laughs) They're everywhere. It's a pain of ass.

Your work on "BoJack Horseman" is also phenomenal — what attracted you to Princess Carolyn?

They asked me, and I'm a big Will Arnett fan. And I like the drawings. I have been doing [Princess Carolyn voice] as a character voice for a while, so it helped me work on that character a little bit more.

We have an episode coming up where Princess Carolyn is around her family and my brother (David Sedaris) is going to play her mother.

Wait, what?! That's going to be so good.

How much fun is that going to be? And you're the first to know! It's hot off the press.

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You can't keep a

The British comedian returns to Madison Square on Wednesday October 25th with Humanity.

GREGORY WAKEMAN
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Comedian Ricky Gervais is returning to his roots in stand-up after years as a writer, director and actor, and we couldn't be more excited.

"When I first started out I always felt it was my second or third job," Gervais tells us. "I thought of myself as a writer/director first, maybe even an actor next. [But] I loved doing stand-up. I always enjoyed it. Now it's the favorite thing I do. I've just fallen back in love with it."

And he knows he's never been better at the gig. "I think I'm good at it now," he says. "That shouldn't be a revelation — it *should* take 15 years to be a really good stand-up. You've got to put the work in. You've got to have something to say. You can't just do the same show for 10 years. You've got to mean it. You've got to grow with it as well."

There's also a deeper connection between Gervais and his audience these days, one he equates to "two mates talking." "The audience has known me for 15 years. Now I can go further and they're with me because they know me and they know what I'm doing. The other thing is anticipation. If people wait seven years to get a ticket, once they get one, the crowd is great, and the atmosphere's amazing. Its easily been my favorite tour. The best audiences. The fastest selling. Everything has been great."

It's clear that, as a stand-up, Gervais has never felt more fulfilled, passionate or expressive. All of which, he insists, is reflected in the material. "This is much realer. This is much more me. I talk about my family and upbringing. The big thing about it is the demise of humanity because of the rise of stupidity. This post-truth theory where people think their opinion is fact. The rise on social media of, 'It's more important to be popular than right.' No-one looks at an argument any more. They just look at who's saying it. Everyone has a side."

Gervais' disdain isn't just reserved for the far right, though, as he makes it clear that he also has an issue with the liberal left, too.

"Both sides are guilty. The world we've got now exists because both sides are tired of being told what to do by authoritarian liberals. The more you tell someone

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bad boss down

"Humanity" is the comedian's first stand up performance in seven years. GETTY IMAGES

not to say something the more they're going to want to say it. People have got to grow up. … I don't really get political. What I do pick on is the stupidity of something, whoever is saying it.

"In the early days of Twitter someone would get hounded off because they used the wrong word," he says. "They're not villains — they just didn't know. On the other side you have people that hate PC culture because they want to be racist. There's bad on both sides." Ahem.

Appealing to and dissecting both sides of the aisle has clearly galvanized Gervais, who even before this tour was regarded as one of the most incisive comedic minds of his generation. Now it sounds as though that was just the beginning, and perhaps his point all along, with this nearly sold out tour.

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Find modern takes on Mexican favorites at Alta Calidad. LIZ CLAYMAN

The best new cheap eats in NYC

Meet the newcomers on the Michelin Guide's Bib Gourmand list of the best under-$40 nights out for 2018.

EVA KIS
@thisiskis
eva.kis@metro.us

Budget-conscious foodies just got 127 places to visit for a gourmet night out.

Proving that you don't need to splash out to have an amazing meal in New York City, the Michelin Guide released its list of Bib Gourmand restaurants for 2018.

For the 13th year, the anonymous inspectors better known for ranking the world's priciest restaurants fanned out to all five boroughs and brought back the best places where you can have two courses and a glass of wine or dessert for $40 or less (before tax and tip).

"Michelin inspectors have been eating their way around New York's five boroughs for more than 13 years, and every year they are inspired by the inventiveness and imagination of the city's chefs," says Michael Ellis, international director of the Michelin Guide.

"From Flushing to the Bronx, the Bib Gourmand restaurants represent 127 establishments where diners can enjoy quality ingredients, quality cooking and fair prices."

This year, 14 new entries made it onto the list, with four of them leading the trend of "divine Mexican restaurants."

According to Michelin, the popularity of Mexican food is a trend seen around the country for 2018 — and while it's no taco truck on every corner, we'll take it.

So who are the Bib Gourmand 2018 new arrivals? Meet some of them here — for the rest of the list, visit metro.us.

Atla

It's no surprise to find the dream team of Cosme chefs Enrique Olvera and Daniela Soto-Innes on this list. Their more casual all-day contemporary Mexican tapas restaurant has prices ranging from $10-$20 with the Arctic char tostada as the must order and a lengthy mezcal menu for the cocktail lovers. *372 Lafayette St., NoHo*

Miss Ada

Chef Tomer Blechman "confidently serves up a unique, personal take on gracious, splendid Middle Eastern cuisine." Many happy summer hours were whiled away in its green backyard over airy pitas and tons of spreads, especially the ricotta. *184 Dekalb Ave., Fort Greene*

Dumpling Galaxy
VALERY C., YELP

El Molcajete

"Tacos become vessels of thrilling flavor and the mole is spot-on," according to Michelin. This Bronx hidden gem — less so after getting a shoutout from the Times — is known for its rich flavors, generous portions and zesty Michelada. *1506-08 Westchester Ave., Soundview*

Alta Calidad

We profiled this cheerful modern Mexican cantina run by former Craft and La Esquina chef Akhtar Nawab, who "fills his menu with creative, revived, modern and yet fully Mexican dishes," according to Michelin. Go for the guac and chilaquiles. *552 Vanderbilt Ave., Prospect Heights*

Bunker

This modern Vietnamese restaurant was featured on "Diners, Drive-Ins and Dives," but don't let that dissuade you. Its new, more spacious location still serves the same excellent crispy banh xeo and pork chop. *99 Scott Ave., Bushwick*

Dumpling Galaxy

The sole new entry in Queens is enough to make the journey. Dumpling Galaxy earns its name by serving "hundreds of impressive dumplings," Michelin writes, all made fresh to order. *42-35 Main St., Flushing*

Patron

"A kitchen team driven by heart and passion rewards diners with an authenticity rarely found," says Michelin. Oaxacan flavors rule at this beloved hole-in-the-wall, with steak tacos being the clutch order. *835 E. 152nd St., Mott Haven*

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Agern on a budget

There's a new way to experience Danish chef Claus Meyer's New York Nordic fine dining restaurant.

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The dessert snack plate finishes off the Agern at Eight menu. ALL PHOTOS BY EVAN SUNG

It's after eight in Grand Central, the Metro North train that would've carried you home is pulling out of the station. Time to grab some fast food downstairs?

There's now a better way to pass the time over a meal in Midtown after dark — for those in the know.

Agern, the fine dining restaurant by Danish uberchef Claus Meyer that improbably made its home in the train station last year, is offering a more affordable way to try its "New York Nordic" menu.

Dubbed Agern After Eight, the menu isn't even featured on the restaurant's website. But if you know to ask for it, you'll be whisked to a seat at the square bar in the center of the buzzy dining room (even on a recent Wednesday night) for three courses plus snacks and a glass of wine, all for $75.

Compare that to $155-$175 for Agern's dinner tasting menus, and it's an accessible way to try Meyer's unique blend of Northeastern ingredients (he even employs a forager) crafted with Nordic techniques.

Black Bass

On the night we tried the new menu, sommelier Chad Walsh started the evening with a glass of Robert Sinskey vin gris from Napa, a savory rosé perfect for the chilly weather.

Sous chef Jorge Pabon introduced each course, starting with Agern's lauded dark sourdough with butter mixed with skyr yogurt and apple vinegar.

Next came black bass with sunflower puree, green garlic and cucumber that straddled summer and fall just like the weather is now.

Each evening's menu is inspired by what head chef Gunnar Gíslason likes at the greenmarket that day, and is unique from what's served in the rest of the dining room.

The main event was slabs of glazed pork belly with cauliflower couscous and an herby puree of dill and parsley, topped with crackling crumble — sweet and smoky, like Nordic barbecue.

Head pastry chef Isabel Zamora works her magic with caramelized goat's milk ice cream dotted with grapes and hazelnuts, plus an extra plate of nibbles like beef fat caramels and a mild licorice chocolate truffle.

The experience lasted an hour and 40 minutes from wine to the last bite of dessert. With temperatures trending down, it's a great time to feel the hygge — whether or not you have a train to catch.

Agern After Eight is available 8-10 p.m. Mon-Sat. There are no set seating times. Enter at 42nd Street and Vanderbilt Avenue.

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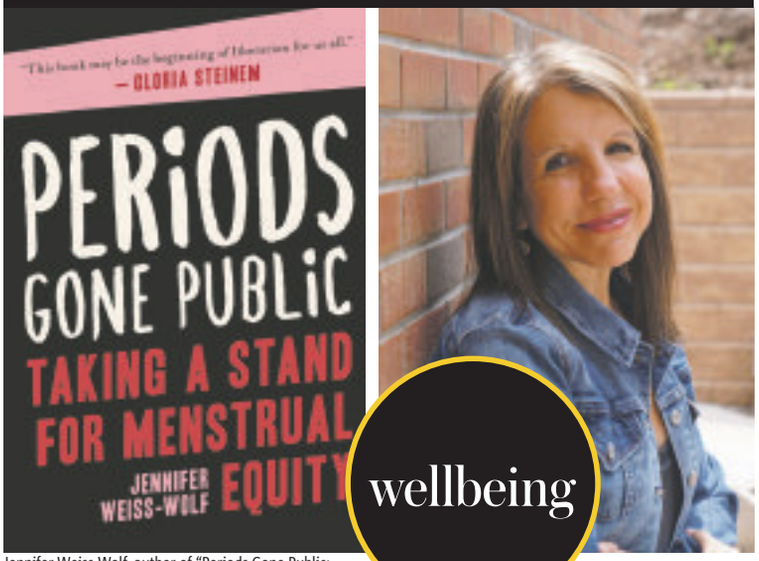

Jennifer Weiss-Wolf, author of "Periods Gone Public: Taking a Stand for Menstrual Equity." PROVIDED

wellbeing

How periods became political

Activist Jennifer Weiss-Wolf fights the stigma around reproductive health in her new book, "Periods Gone Public: Taking a Stand for Menstrual Equity."

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Period activism is having a moment — and Jennifer Weiss-Wolf is a key player.

The NYC-based lawyer hadn't thought about menstruation as a political issue until one day in 2015, when some kids in her community were doing a collection drive of pads and tampons for their local food pantry.

"That was the first time I considered the notion of what it means to have access to menstrual products, and people who might have a hard time affording them," recalls the vice president for development at NYU School of Law's Brennan Center of Justice. "I started thinking of it in terms of systemic change, about how our laws could accurately reflect the reality that this a monthly reoccurrence for half the population."

So Weiss-Wolf began writing and advocating for menstrual equity. In the fall of 2015, she partnered with Cosmopolitan to launch a petition on Change.org to eliminate the tampon tax. Since then, 24 states have introduced legislation to exempt the tax on menstrual products, and four states — Illinois, Florida, Connecticut and New York — have removed it. Weiss-Wolf also worked with New York City Council Member Julissa Ferreras-Copeland, who helped pass a law in 2016 requiring free menstrual products in public schools, shelters and correctional facilities in the city.

Now, she's written a book, "Periods Gone Public: Taking a Stand for Menstrual Equity," which chronicles this wave of period activism and charts how we might move forward.

It's more than the fight for policy changes: Over the past couple years, a social movement has been gaining momentum. Weiss-Wolf recalls in April of 2015, when a woman ran the London marathon with period blood "free flowing" down her leg, both because it was more comfortable and as a statement against society's stigma.

Or that August, when Trump remarked after a contentious Republican debate that moderator Megyn Kelly "had blood coming out of her whatever," it sparked social-media backlash, with users tweeting back at Trump with the hashtag #periodsarenotaninsult.

New "period-positive" startups, from makers of period underwear Thinx to organic tampon company Lola, introduced menstrual product innovations with the goal of making the experience of monthly bleeding safer and more comfortable.

Normalizing conversations around menstruation is half the battle. "The stigma, is in part, how we got here," she explains. "[It's] rooted in all kinds of cultural and religious and misogynistic views about women and their bodies. If we bring menstruation out of the shadows, it makes it a whole lot easier to talk about what the problems are."

A major issue is the lack of access to menstrual products, which the United Nations Human Rights Office of the High Commissioner has called a human rights violation. Weiss-Wolf points out that paper towels are free in public restrooms, but tampons will cost you 25 cents. "On what planet did we decide that one is free and one is not?"

Jennifer Weiss-Wolf, Elizabeth Kiefer (Refinery 29) and Council Member Julissa Ferreras-Copeland will discuss "Periods Gone Public: Taking a Stand for Menstrual Equity" on Tuesday, Oct. 24, 7:30-8:30 p.m. at Books are Magic on 225 Smith St. Entry is free.

Big outputs from KP in losses will be common in 2017-18

Despite a 32-point average through two games, Porzingis and the Knicks don't have a win to show for it. Get used to it.

JOE PANTORNO
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There are going to be plenty of nights this season where Kristaps Porzingis shines while the Knicks lose. GETTY IMAGES

It's not much of a surprise that the New York Knicks have started the season 0-2, though the fashion in which they lost their home opener on Saturday night was a reminder that this franchise can indeed reach new lows.

After leading by as much as 21 points at Madison Square Garden, the Knicks were outscored 60-43 in the second half on their way to a 111-107 loss.

The four-point loss was minuscule compared to an opening night in Oklahoma City when the Knicks were absolutely wrecked by the Thunder and former teammate Carmelo Anthony in a 105-84 decision.

As usual, the one lone bright spot of the Knicks' troubled start has been Kristaps Porzingis, who officially is the face of this franchise after Anthony was traded during the offseason.

Against the Thunder, Porzingis put up a double-double with 31 points and 12 rebounds while shooting 44 percent from the floor.

At the Garden against Detroit, the Latvian's shooting percentage went up by 11 points as he dropped 33 with a treble of three-pointers.

While the defense has already allowed 215 combined points in their first two games, which is an enormous problem in itself, Porzingis is getting little offensive support.

Through two games, Enes Kanter is the Knicks' second-leading scorer with just 13.5 points per game, which is near the output expected from the center after he was acquired from the Thunder in the Anthony deal.

Tim Hardaway Jr. is having a pedestrian start, putting up a combined 22 points through two games this season. Had he not signed a four-year, $71 million contract this summer, this might not be such a large concern, but his performances will be put under a microscope because of that deal.

Other than Kyle O'Quinn, no other Knick has a scoring average of over 6.5 points through two games, which means it will likely be the norm this season to see Porzingis put up big nights in losing efforts.

Nets have put together surprising, improbable, rare start to season

Before we get this show on the road, let me make one thing abundantly clear after your initial concern in reading this headline: I still don't think the Brooklyn Nets are a playoff team. There is no special Kool-Aid that I am drinking and last time I checked, I have slept in the past 48 hours.

But the entire NBA world would be remiss if they didn't just take a moment and appreciate the start the Brooklyn Nets have gotten off to.

Just by looking at the record, there isn't much to bat an eye at after starting 2-1. Remember though, the Nets have won a combined 41 games over the past two seasons and just 20 last year.

A week into the 2017-18 campaign and they already have 10 percent of last year's win output which shows just how bad this team has been.

On opening night against the Pacers in Indiana, what little hope they had looked like it evaporated when Jeremy Lin ruptured his patella tendon, a season-ending injury, during a 140-131 loss.

Brooklyn has since reeled off two-straight wins, a 126-121 home-opening triumph over the Orlando Magic and a 116-104 victory over the Atlanta Hawks on Sunday.

Their offensive output has been rare during this stretch, historically rare.

The Nets are the first team since the Clyde Drexler-led 1988-89 Portland Trail Blazers to score 115 points or more in each of the first three games of a season.

D'ANGELO RUSSELL

D'Angelo Russell has been leading the offensive charge with 21 points per game while Trevor Booker has been a force at the power forward spot, averaging 17 points and nine rebounds a night.

As of now, the rotation at the small forward position seems to be going well enough as DeMarre Carroll and Allen Crabbe have worked well together.

Carroll has started all three games at the position so far and ranks third on the team with 14.7 points per game.

Crabbe though isn't too far behind with 13.7 points per outing.

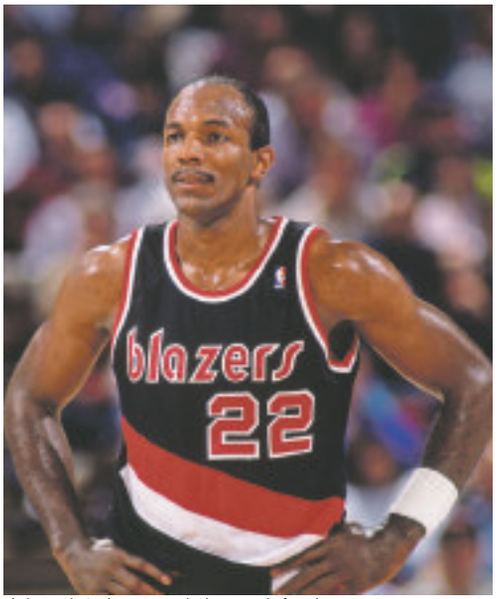
Two of the Nets' younger contributors haven't missed a beat from their experiences gained last year.

Forwards Caris LeVert and Rondae Hollis-Jefferson, both of whom are 23, are putting up over 12 points a night.

Looking back at Portland's start 29 years ago, they began with 120, 121 and 115-point outputs, starting 2-1 as well. They would wind up finishing the season with a 39-43 record and make the playoffs before losing in the first round to the Los Angeles Lakers.

I wouldn't expect the same ending to the season, but if the Nets keep scoring like this, it's not too far-fetched to think that they will blow by 20 wins this year.

JOE PANTORNO



Clyde Drexler's Blazers were the last team before the Nets to put up 115 or more points three-straight times at the start of the 1988-89 season. GETTY IMAGES

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Was Saturday night's Game 7 of the ALCS the last time we'll see CC Sabathia in a New York Yankees uniform? GETTY IMAGES

Questions facing Yanks this winter

With their season now over, the Yankees have some issues to address despite their magical run to the ALCS.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Regardless of your allegiances within New York baseball, you have to admit that the Yankees' run to the ALCS was a captivating one. A team that was expected to rebuild this season took Major League Baseball by surprise and came to within one win of a World Series appearance.

Their core of young stars provides the promise that postseason success will become commonplace in the Bronx, but that still doesn't mean that everything is perfect and ready to go for 2018. The Yankees have some work to do and some tough decisions to make. Here are a few issues that they could face this winter:

WHAT WILL BE DONE WITH CC SABATHIA?

The 37-year-old southpaw's contract is officially up after putting together a solid 14-5 campaign with a 3.69 ERA. While his future with the team looked very uncertain coming into the season, he showed just how important he was to the team down the stretch.

Sabathia was the man to get the ball in Game 5 of the ALDS against the Cleveland Indians and Game 7 of the ALCS against the Houston Astros as the Yankees put all their faith in him. In two starts during the ALCS, he allowed just one earned run in 9.1 innings of work.

If the Yankees can bring him back cheap on a one- or two-year deal, re-signing Sabathia is most certainly an option worth exploring.

HOW WILL GARY SANCHEZ IMPROVE HIS DEFENSE?

Catcher Gary Sanchez is one of the best catchers in baseball because of his bat after slugging 33 home runs in his first full season in the majors. His glove, on the other hand, is not up to snuff.

On countless occasions this season, Sanchez's glove looked slow behind the plate and his blocking of low or wild pitches was subpar. He was put under the microscope following Game 2 of the ALCS when he was unable to reel in a relay throw from Didi Gregorius that would have nailed Jose Altuve, the game-winning run in the bottom-of-the-ninth, at the plate.

If the Yankees are committed to keeping him at catcher, defense has to come first this winter. If not, then he needs to be the team's full-time DH.

WHAT BECOMES OF TODD FRAZIER?

Todd Frazier quickly became a fan favorite after being acquired from the Chicago White Sox in July. He quickly fell in love with the Yankees, his boyhood team, making it known whenever he had the chance just how much he enjoyed playing in pinstripes.

With top prospect Gleyber Torres set to make his MLB debut in 2018 after recovering from Tommy John surgery, the free-agent Frazier's spot at third base is in jeopardy and makes him expendable. Frazier is a low-average guy with 40-home run potential, but if the Yankees don't see a way to keep he and Torres in the lineup in 2018, they might just let the 31-year-old walk.

HOW CAN AARON JUDGE'S STRIKEOUTS GO DOWN?

Aaron Judge is on the verge of becoming baseball's new "feast or famine" slugger.

While hitting a rookie record 52 home runs, Judge led the league with 208 strikeouts and continued fanning in the postseason, setting a league record with 27 punchouts.

The league has figured Judge out, ensuring they keep most of their pitches of the offspeed variety and on the outer half of the plate. It will be up to Judge to make the necessary adjustments needed to get to those outside pitches. If not, he is in danger of becoming the kind of player who can hit you 40 home runs, but bat just .230.

Islanders look for third-straight win vs. Coyotes

The winless Arizona Coyotes come to town on Tuesday night to meet an Isles squad that's heating up.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Anders Lee (center) has paced the Islanders offense early on this season with five goals. GETTY IMAGES

The New York Islanders put their first winning streak of the 2017-18 season on the line Tuesday night when they host the Arizona Coyotes at the Barclays Center.

The Islanders (4-3-1, 9 points) are the winners of two straight thanks to a shootout win over the New York Rangers on Thursday before skating past the San Jose Sharks, 5-3, Saturday night.

It looks as though captain John Tavares is breaking out of his slump that held him without a point for five games before recording an empty-net goal and two assists against the Sharks.

His linemate, Anders Lee, has picked up the slack with four goals in his last four games, including a pair on Saturday. With five goals this season, the 27-year-old ranks within the league's top 30 goal scorers.

At 6'3", 231 pounds, Lee provides a big body that does the most damage in front of the opposition's goal. While he isn't a playmaker, he is a goal poacher; or the kind of forward that will score by cleaning up rebounds or re-directing shots in front of the net.

Things may be looking up for the Islanders at the moment, but Tuesday night could provide a major trap game for them. The Coyotes have yet to win a game this season, starting out 0-7-1. They are the only team in the NHL that has yet to record a victory or a single point.

But there have been bright spots, most notably in the form of 19-year-old rookie Clayton Keller, who was selected seventh overall in the 2016 draft.

The young American has six goals and two assists through eight games, which is remarkable considering just how bad this Arizona team has been this season.

Jaroslav Halak is expected to start in goal for the Islanders, fresh off a 38-save performance against the Rangers.

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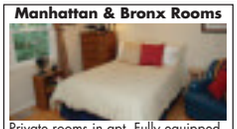

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NOTICE IS HEREBY GIVEN that a license, Serial # 1305262, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1792 Amsterdam Ave., New York, NY 10031. New York County, for on premises consumption. Chamo's Arepas Bar Inc.

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SUPREME COURT QUEENS COUNTY WELLS FARGO BANK, N.A.; Plaintiff(s) vs. YUT CHIN HOO; et al; Defendant(s) Attorney (s) for Plaintiff (s): ROSICKI, ROSICKI & ASSOCIATES, P.C. 2 Summit Court, Suite 301 Fishkill, New York, 12524 845.897.1600 Pursuant to judgment of foreclosure and sale granted herein on or about December 9, 2016, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On November 3, 2017 at 10:00 am. Premises known as 47-21 UNION STREET, FLUSHING, NY 11355-3506 Block: 05217 Lot: 0031 ALL THAT CERTAIN plot, piece or parcel of land with the buildings or improvements thereon, erected, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $465,460.66 plus interest and costs. INDEX NO. 708717/2014 Mitchell L. Kaufman, Esq., Referee

NOTICE OF SALE

SUPREME COURT: QUEENS COUNTY HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR WELLS FARGO ASSET SECURITIES CORPORATION, MORTGAGE ASSET-BACKED PASS-THROUGH CERTIFICATES, SERIES 2007-PA3; Plaintiff(s) vs. ALEX CORONEL; SUSAN CORONEL; et al; Defendant(s) Attorney (s) for Plaintiff (s): ROSICKI, ROSICKI & ASSOCIATES, P.C. 2 Summit Court, Suite 301 Fishkill, New York, 12524 845.897.1600 Pursuant to judgment of foreclosure and sale granted herein on or about February 2, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM # 25. On November 3, 2017 at 10:00 am. Premises known as 58-23 60TH PLACE, MASPETH, NY 11378 Block: 2727 Lot: 2 ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $627,522.15 plus interest and costs. INDEX NO. 11927/13 Kerry John Katsorhis, Esq., Referee

NOTICE IS HEREBY GIVEN that a license, Number 1305952, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 226 Thompson St., New York, NY 10012, for on premises consumption. KJ Natural Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1305929, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 347 1st Ave., New York, NY 10010, for on premises consumption. Proong Noodle Bar Inc.

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NOTICE IS HEREBY GIVEN that a license, Number 1305386, for On Premise Liquor, with an additional bar, has been applied for by the undersigned to sell Liquor, Wine, & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 701 West 135th St., Storefront 2, New York, NY 10031, for on premises consumption. Fiordaliza, Inc.

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NOTICE IS HEREBY GIVEN that a license, Number 1305933, for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 19 Eldridge St., New York, NY 10002, for on premises consumption. My Noodle Station Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 517 West 38th St., New York, NY 10018. New York County, for on-premises consumption. Legacy Records NYC LLC d/b/a TBD

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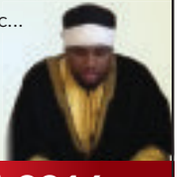

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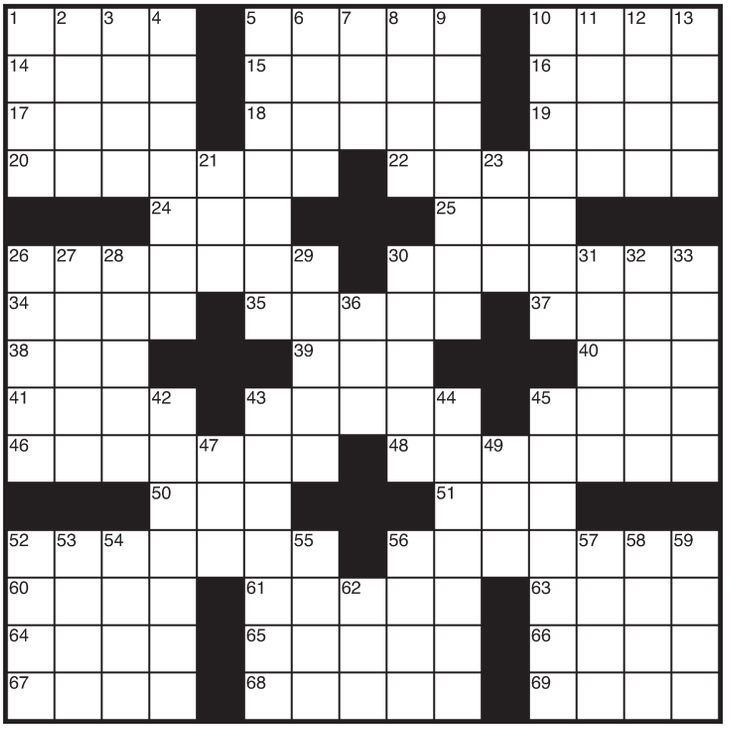
Across

1 Dries out, as wood
5 Kind of hat
10 Algebra and trig
14 Grate upon
15 Question starter
16 Land measure
17 Ballet costume
18 Jazzman -- Blake
19 Ice palace
20 Spread liberally
22 Lower in esteem
24 -- "King" Cole
25 IV x XIII
26 Seek old haunts
30 Not specific
34 Out of control
35 Goofed up
37 Long couch
38 "Old" London theatre
39 To date
40 Plant sci.
41 Pizzazz
43 Tomato jelly
45 Sulk
46 Pleasure
48 Railroad bridge
50 Crusty dessert
51 A Miss America host
52 Makeshift
56 Eye makeup
60 BMW rival
61 Extinct birds
63 Speeds off
64 By and by
65 Relish tray item
66 Fateful day
67 Broken-off glacier
68 Wined and dined
69 Roman foe

Down

1 Crafts' partner
2 Caesar's conquest
3 This, in Havana
4 1957 launch
5 Term of endearment
6 It comes before Fri.
7 -- -eye steak
8 Like limes
9 Having tires
10 Takes vows
11 Diva's solo
12 Water the houseplants
13 Cod kin
21 Possesses
23 Card game for two
26 Carried on about
27 French writer -- Zola
28 Not shy
29 Lovers' meeting
30 Catch on (2 wds.)
31 Bomb-squad worker
32 Run -- (go against)
33 Coffee and steamed milk
36 Tie fabric
42 Biting
43 In front (2 wds.)
44 Wrinkled
45 Fortune-teller
47 Temporary job
49 Ernie of the PGA
52 Volvo rival
53 Ditty
54 Hound's trail
55 Barbershop sign
56 Relocate
57 White House operative
58 Film spool
59 Staff subordinate (abbr.)
62 Telegraph signal



metro.us/sudoku

easy

9	4						1	
	5		3	9				
			1	6		5		9
		2		8		7		
	7	8				4	9	
		9		3		8		
2		4		1	9			
				4	5		8	
	6						4	7

hard

					9	4		8
	6				1		3	
9	3	7	8					
2				5			8	4
			1		2			
8	5			9				6
					8	5	4	7
	8		7				2	
3		4	2					

metro.us/horoscopes

Aries Follow your heart and take a passionate approach to achieving your goals. Partnerships can make a difference to how you move forward. Stabilize your position.

Taurus Don't feel the need to make a change just because someone else does. Aim to secure a financial, contractual or legal settlement you are negotiating.

Gemini A financial opportunity can change the way you live. Negotiate contracts and check out positions that have potential. An unexpected financial gain will be a relief.

Cancer Personal improvements can be made. Educational pursuits will help shape the way you think. An interesting partnership has the potential to be quite lucrative.

Leo Turn an opportunity into an adventure. Taking a business trip or using your skills to get ahead will pay off. Don't let your generosity put you in an unjustified position.

Virgo Emotions will smolder if you aren't willing to discuss personal matters openly. Use your intelligence and offer incentives to sway others to see things your way.

Libra Keeping secrets will be difficult. Unexpected changes will cause discord in an important relationship, resulting in the need to question motives and find solutions.

Scorpio An interesting discussion will give you something to consider. Head in a direction that you feel compelled to explore. Let your imagination wander.

Sagittarius Put your heart and soul into whatever you do. Helping others will make you feel good and could lead to an unexpected opportunity. Personal gains look promising.

Capricorn Observation is your best choice. An offer will not be all it's made out to be. Look for alternative options and offer suggestions based on your findings.

Aquarius If you put in the time, you will reap the rewards. Taking physical action will encourage others to pitch in and help. Be concise to avoid miscommunication.

Pisces Fighting the impossible will not help you get ahead. Go with the flow and make unique alterations that will separate you from everyone else. EUGENIA LAST

Yesterday's answers

C	L	E	F	■	L	E	F	T	Y	■	S	E	C	T
A	I	D	A	■	O	P	I	N	E	■	H	E	A	R
R	A	I	N	■	D	E	L	T	A	■	E	L	S	E
■	R	E	F	U	G	E	E	■	R	O	A	S	T	S
■	■	■	A	R	E	■	S	L	A	T	■	■	■	■
C	H	A	R	A	D	E	■	P	Y	T	H	O	N	S
H	A	Z	E	L	■	Q	U	E	■	H	E	R	O	N
O	S	U	■	■	U	M	A	■	■	■	I	R	E	■
S	T	R	A	D	■	A	P	R	■	L	O	O	S	E
E	Y	E	B	A	L	L	■	S	T	E	R	N	E	R
■	■	■	O	L	E	S	■	■	O	I	L	■	■	■
T	A	B	L	E	D	■	M	A	S	S	A	G	E	■
A	L	A	I	■	G	A	I	T	S	■	N	O	I	R
D	U	B	S	■	E	M	C	E	E	■	D	A	R	N
A	M	A	H	■	S	T	A	N	D	■	O	D	E	S

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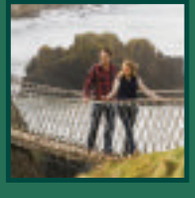
3. Cushendun

Visit this quaint seaside village with winding scenic paths, beautiful seafront views and troves of delightful shops and pubs.



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Spring 2018

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Spring 2018

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